

**United States Patent** [19]  
**Hall**

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[45] **Date of Patent:** **Dec. 15, 1987**

[54] **JOGGERS FLUID WEIGHTED EXERCISER  
JUG**

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[51] **Int. Cl.:** A63B 11/00

[52] **U.S. Cl.:** 272/122; 222/521

[58] **Field of Search:** 272/122, 173, 521

[56] **References Cited**

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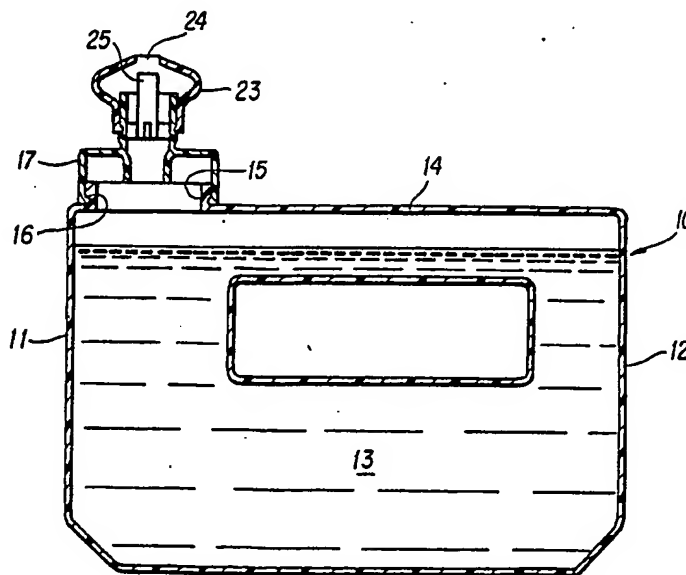
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[57] **ABSTRACT**

The present disclosure is directed to a joggers fluid weighted exercising jug having a handle and fluid weight chambers to each side or end thereof and a dispensing connection actuatable by the teeth of the jogger to partake of a nutritional liquid from within the jug without having to stop jogging. The overall geometric configuration of the jug generally resembles a dumb-bell.

**1 Claim, 7 Drawing Figures**



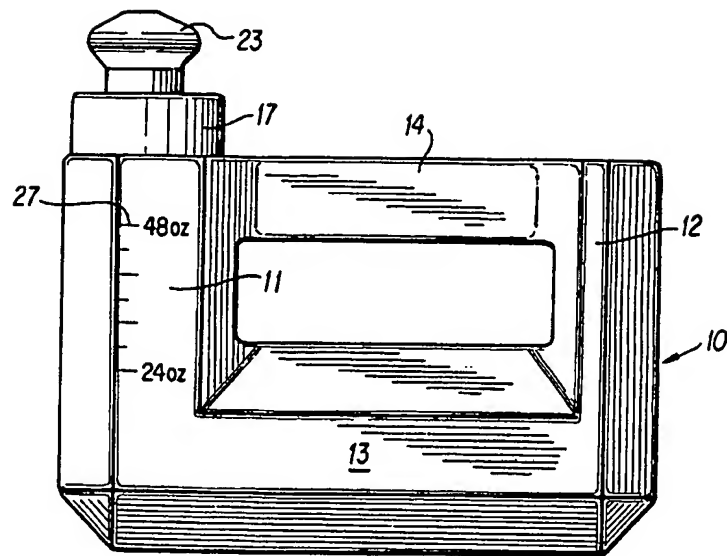


FIG. 1

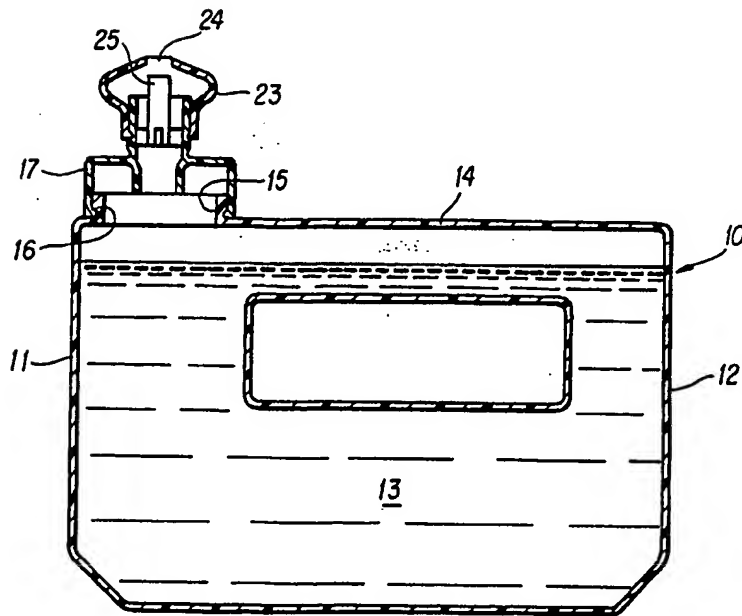


FIG. 2

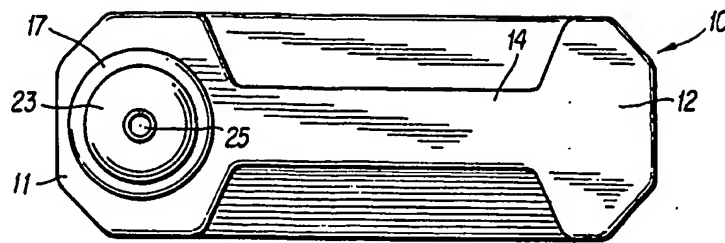


FIG. 3

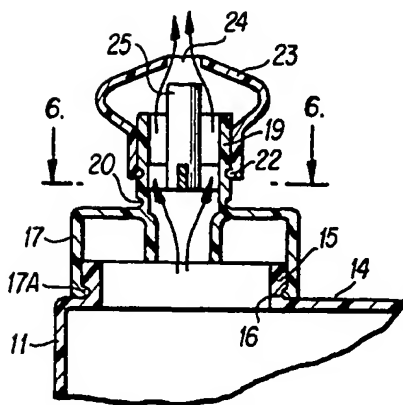


FIG. 4

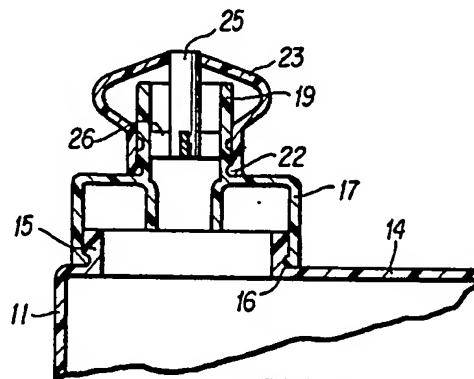


FIG. 5

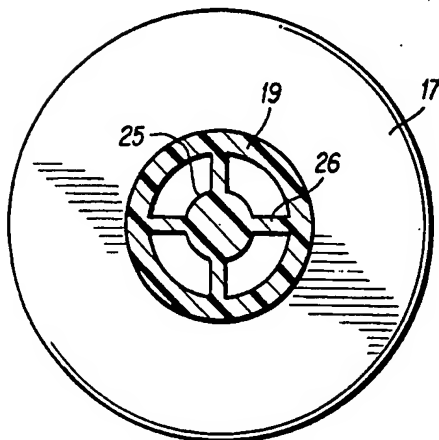


FIG. 6

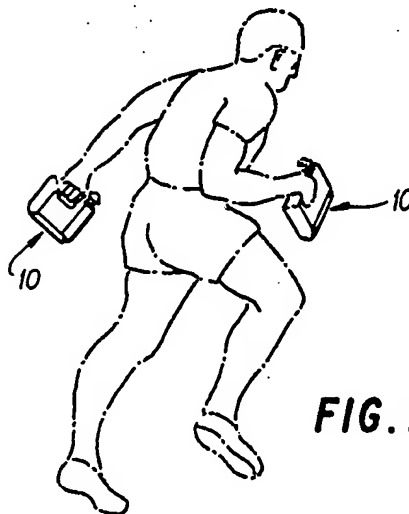


FIG. 7

## JOGGERS FLUID WEIGHTED EXERCISER JUG

## TECHNICAL FIELD

The present invention is directed to a joggers fluid weighted exercising jug which has a handle for gripping by the jogger and is weighted with a potable liquid to be consumed by a walker, hiker or jogger while engaged in their efforts or exertions and which starts out with maximum weight as the exercise begins and which by consumption lightens as fatigue sets in. The jug being somewhat like a dumbbell weight is filled with a nutritional liquid and increases body balance, provides increased resistance, upper body conditioning and would be protective of the individuals hands in case of a slip or fall.

## BACKGROUND ART

Numerous weighted fluid containing exerciser devices containing fluid for weighting have been known such as U.S. Pat. Nos. 1,019,584, Re 23,612, 3,334,899, 4,079,932, and Des. 276,890. However none of these embody my claimed configuration nor do they suggest that the weighting fluid be a nutritional potable fluid to be consumed by the exerciser during the exercise. These patents are the most relevant art known to me at the time of filing this application.

## SUMMARY OF THE INVENTION

The present invention is directed to a dumbbell-like container device to be carried by joggers during the pursuit of their exercise which device may be filled with a nutritional liquid which is potable and may be consumed by the exerciser during his or her jog not requiring stopping to satisfy thirst in a location where drinkable liquids may not be available. Content markings may be placed on container to advise the user of the amount of liquid available for consumption.

The container device is made of plastic of the injection molded type quality and has a handle for grasping, a twist off cap wide enough through which to insert a tablespoon and the cap may have a pop up tip on its top which can be actuated by the joggers teeth when it is desired to partake of the nutritional contents of the container.

The geometric configuration of the container device increases body balance, provides increased resistance, upper body conditioning and would be protective of the joggers hands in case of a slip or fall along the jogging route.

## BRIEF DESCRIPTION OF THE FIGURES OF DRAWING

FIG. 1 is a side elevational view of the joggers fluid weighted exerciser jug constructed in accordance with my invention.

FIG. 2 is a vertical longitudinal section taken through the jug of FIG. 1.

FIG. 3 is a top plan view of the jug of FIG. 1.

FIG. 4 is a fragmentary vertical sectional view taken at an enlarged scale through the liquid dispensing cap at the left hand end of FIG. 3 in the dispensing position.

FIG. 5 is a view similar to FIG. 4 with the dispensing cap located in the down non-dispensing position.

FIG. 6 is a horizontal cross-sectional view taken on the lines 6-6 in FIG. 4.

FIG. 7 is a schematic of a jogger jogging with the exerciser jug of FIG. 1.

## BEST EMOBIMENT FOR PRACTICING THE INVENTION

Referring now to the drawings and for the moment to FIGS. 1 through 3, 10 designates generally the joggers fluid weighted exercising jug having a front and rear liquid riser 11 and 12 joined by a bottom connector reservoir 13 and a top hollow handle 14 connecting the front and rear risers 11 and 12 at their upper ends. The jugs 10 come in pairs to symmetrically balance the joggers upper body as shown in FIG. 7.

Located at the top of liquid riser 11 is a cap rim 15 having an under cut annular lip 16 which extends circumferentially about the cap rim 15 for snap fit with a primary dispensing cap 17 which also has an annular projection rim 17A circumferentially about the primary cap 17 to seat and lock behind the circumferential lip 16.

Referring now to FIG. 4 the upper portion of the cap 17 has an annular upper extension 19 having two under cut annular recesses 20, 21 which receive an annular lip 22 about a liquid dispensing cap 23 and which lock it either in the upper dispensing position or the down non-dispensing jog position. The dispensing cap 23 has a dispensing opening 24 which when the cap 23 is in the down position of FIG. 5 is plugged by a dowel 25 carried by a spider support 26 which seats in the extension 19 and as shown by the flow line arrows permits the nutritional liquid to pass from the reservoir 13, through the opening 24 in cap 23 into the mouth of the jogger while he or she is jogging. The cap can be unseated from the position of FIG. 5 to the drinking condition of FIG. 4 by the jogger merely grasping it between his or her teeth.

The jogger as best seen in FIG. 7 has only to raise the jug to his mouth, engage his teeth about the cap 23 and pull it up or seat it to block the opening 24 in the cap 24.

The joggers fluid weighted exerciser jug 10 is designed along the lines of a dumbbell weight which is filled with water, fortified drink or other potable liquid to be consumed by walkers, hikers and joggers during their exertions. The device satisfies satiation on demand. The device also increases body balance as shown in FIG. 7, providing increased resistance, upper body conditioning and affords protection for the hands in case of a slip or fall. The primary purpose is of a nutritional factor. All parts are made of plastic of the injected mold type such as polyvinyl chloride or polyethylene. The jug 10 volume may hold between thirty-two and forty-eight ounces of liquid. The clear plastic jug 10 may be provided with graduated lines indicating volume and weight as shown at 27 in FIG. 1 which will constantly be available for visual inspection of the jogger while on the run.

What I claim is:

1. A joggers fluid weighted exerciser jug comprising a base liquid reservoir, front and rear liquid risers upstanding from and in fluid connection with said reservoir, a hollow handle connecting said front and rear liquid risers at their tops, primary cap means carried by one of said liquid risers upstanding from said hollow handle substantially normal thereto and having an upper and lower annular groove, a fluid dispensing cap having a dispensing opening and being carried by said primary cap means, spider means comprising a solid dowel upstanding therefrom carried by said primary cap means and positioned for said solid dowel to seal the dispensing opening in said fluid dispensing cap when said dispensing cap is in the down sealed position, and

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cap retaining means between said primary cap and said dispensing cap for locking said caps relative to one another between a sealed and dispensing condition along the axis of said dowel, said retaining means comprising an annular lip about the periphery of said dispensing cap resiliently movable between upper and lower annular grooves on said primary cap to open and

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close said fluid dispensing cap, said dispensing cap being shaped to fit within the mouth and behind the teeth of a user whereby said dispensing cap may be axially displaced to open and close said jug for removal of contents while jogging.

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# United States Patent [19]

Hanzlik

[11] Patent Number: 4,703,927

[45] Date of Patent: Nov. 3, 1987

[54] JOGGER'S HAND WEIGHT & WATER BOTTLE FOR DRINKING

[76] Inventor: Andrew Hanzlik, Box 123, Riegelsville, Pa. 18077

[21] Appl. No.: 878,675

[22] Filed: Jun. 26, 1986

[51] Int. Cl.<sup>4</sup> ..... A63B 11/00

[52] U.S. Cl. .... 272/122; 272/DIG. 9; 215/6

[58] Field of Search ..... 272/67, 68, 93, 119, 272/122, 130, 143, DIG. 9; 206/217, 542, 549, 315.1; 215/1 A, 6; D9/374, 381; 224/148

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Primary Examiner—Richard J. Apley

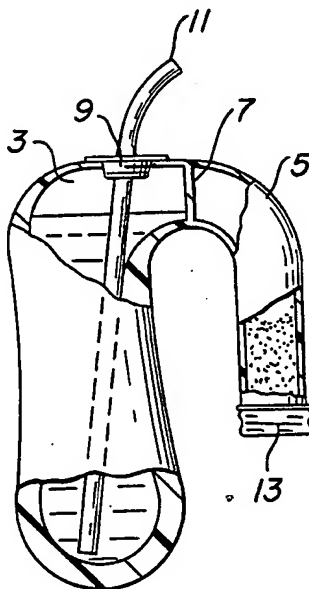
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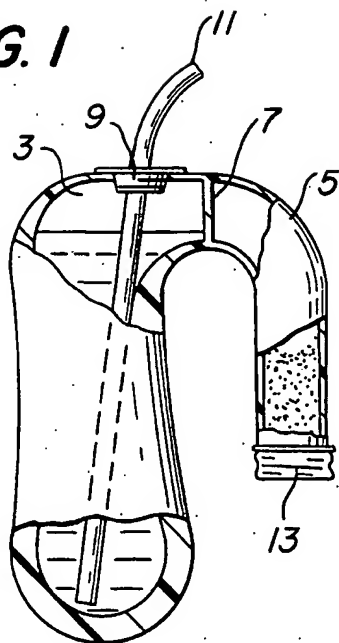
[57] ABSTRACT

A jogger's hand weight for exercising the muscles of the upper body incorporates two (2) internal chambers; one chamber for holding a quantity of weighting materials so that the weight of the device may be varied, and a second chamber for holding a quantity of drinking fluid. A straw tube is included in the drinking fluid compartment so that the fluid may be consumed by the runner without interrupting his motion. The hand weight has a U-shaped design so that both compartments fall on opposite sides of the hand when grasped as intended.

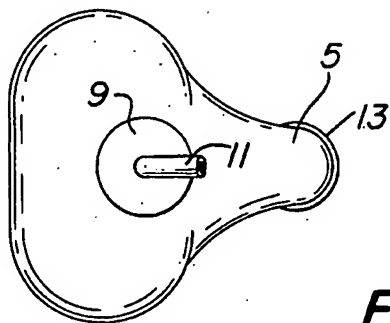
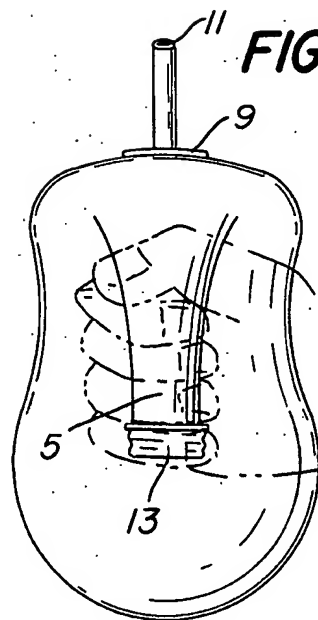
3 Claims, 3 Drawing Figures



**FIG. 1**



**FIG. 2**



**FIG. 3**

# JOGGER'S HAND WEIGHT & WATER BOTTLE FOR DRINKING

## FIELD OF THE INVENTION

This invention relates to the field of athletic conditioning and is intended to facilitate exercise for running or jogging.

## BACKGROUND OF THE INVENTION

The recent increase of popularity in physical exercise, particularly through running or jogging, has spawned many types of related exercise equipment. Among this athletic equipment for runners has been hand weights which may be worn as weighted gloves in order to help strengthen the muscles of the upper body during running, which is an exercise mainly involving the muscles of the lower body only. Other than the glove-type hand weights, there are the usual dumbbell-type hand weights which have a central bar member for grasping.

It is also known that running as an exercise, especially over great distances, requires the replenishment of body fluids which are quickly lost during this type of exercise. To meet this need, containers for holding water and the like are known to be belt-mounted and can be removed from a holder for drinking while running.

The instant invention combines the hand weight and drinking container apparatuses into a single unit. This provides many advantages and improvements over the prior art as will be discussed below.

## SUMMARY OF THE INVENTION

The present invention includes a specifically designed hand-held weighted container for holding drinking fluid and other weight materials. The use of the container is further facilitated by an elongated drinking straw attached thereto so that fluids in the container can be consumed while running. A desirable ancillary effect is the fact that for exercise training this means that hand weights decrease their weight over the course of the exercise period. This is a natural adaptation to reduce the pressure on the muscles as they become more tired. Furthermore, because the container is held in the hand, it is convenient for holding close to the mouth of the runner without the necessity of removing any other holders from waistbelts or other supporting garments.

There is also provision in the hand weight for the inclusion of additional weighting materials so that a preferred weight may be achieved. Furthermore, the unique "U-shaped" design of the hand weight includes a configuration which produces a comfortable balance in the hands of the runner which are normally held in a substantially upright, clenched fist in front of the runner's body.

More specifically, the invention includes a broad, flat front portion for drinking fluid containment, a dividing membrane creating two (2) compartments, and a second weight-containing compartment on the other side of the membrane. Both compartments are designed to be located on both the front and back of the hand with the hand held in a "thumbs up" vertical position. In addition, a screw top and drinking straw elements are included so that the fluids can easily be consumed while running and replenished as needed. The weight containment chamber likewise has a threaded aperture with a screw-fitting closure to retain weight materials inserted

therein, such as lead shot, sand or other suitable materials.

## BRIEF DESCRIPTION OF THE DRAWINGS

FIG. 1 is a side view of the exercise device of the present invention, partially sectioned to show the two internal chambers.

FIG. 2 is a rear view of the invention showing how it is held by the jogger.

FIG. 3 is a top view.

## DESCRIPTION OF THE PREFERRED EMBODIMENT

Referring now to FIG. 1, this exercise device is relatively uncomplicated and is a one-piece unit preferably made of plastic. The body includes dual chambers 3 and 5, separated by membrane 7. Chamber 3 is for holding drinking fluids such as water, and chamber 5 contains other weight materials such as lead shot, sand, and the like. The shape and dimension of chamber 5 is made so that it is suitable as a handle for grasping by the runner. Screw top 9 is fitted to the top of the drinking fluid chamber 3 and functions as access means to fill the chamber. Straw means 11 enables the runner to drink fluid without interrupting his motion. Screw closure 13 provides access means at the bottom of chamber 5 for removing or adding weight materials.

FIG. 2 shows how the U-shaped exercise and drinking device fits in the hand of the user. As can be seen from this figure, when the hand is in the natural "thumbs up" running position, both chambers 3 and 5 fall on either side of the hand providing a natural balance point for the weights across the top of the hands.

The invention may be embodied in other specific forms without departing from the spirit or essential characteristics thereof. The present embodiment is therefore to be considered in all respects as illustrative and not restrictive. The scope of the invention to be determined by the appended claim and its legal equivalents.

What is claimed is:

1. A beverage container and hand-weight, comprising:

- (a) a one-piece body having two chambers therein,
- (b) a first chamber containing a drinking fluid,
- (c) a second chamber containing exercise weights, such as lead shot or sand,
- (d) a dividing membrane proximate the top of said first and second chambers to prevent crosscontamination between said first and second chambers,
- (e) first access means at the top of said first chamber for introducing and removing drinking fluids therefrom, said first chamber otherwise being continuous in cross section,
- (f) second access means on the bottom of said second chamber for introducing or removing exercise weights therefrom, said second access means lying proximate the bottom of said first chamber, and
- (g) tube means extending from said access means on said first chamber to act as a drinking straw so that a jogger may consume the fluids therefrom without stopping his motion.

2. The beverage container and hand weight of claim 1 wherein said second chamber is a handle.

3. The beverage container and hand weight of claim 2 further described in that said first and second chambers are elongated cavities which are substantially parallel to each other.

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